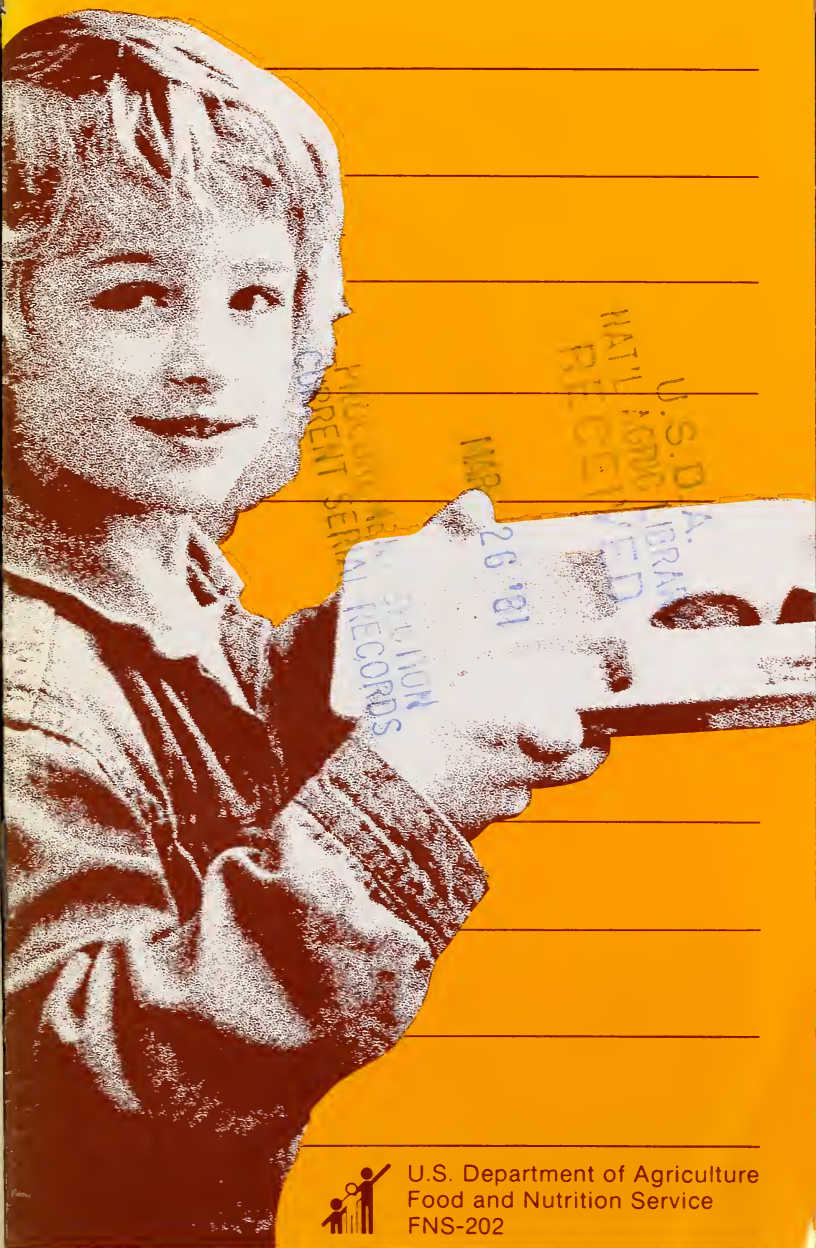


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BREAKFAST + SCHOOL = A Good Combination



U.S. Department of Agriculture
Food and Nutrition Service
FNS-202

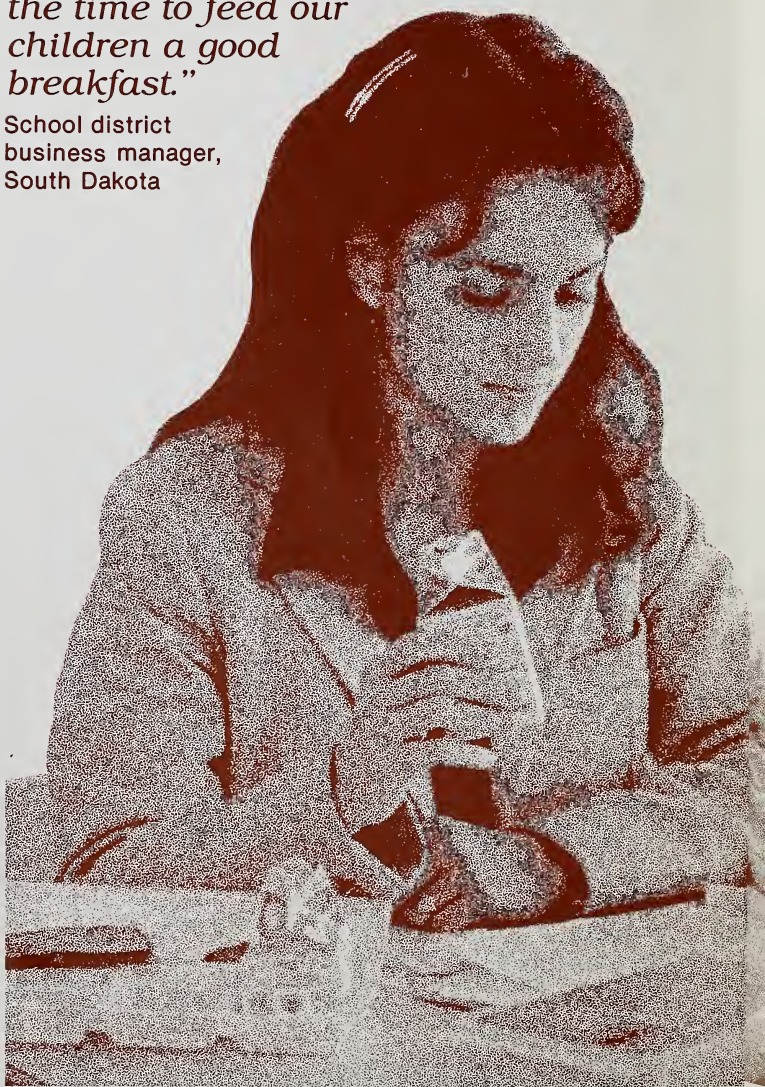
Why serve breakfast?

Children *need* breakfast.

Studies indicate that children perform better with breakfast. Many teachers, principals, school nurses, and researchers say the same thing: Eating an adequate breakfast can mean that children concentrate better, feel better, and behave better.

"Our district covers several hundred square miles but we are able to find the time to feed our children a good breakfast."

School district
business manager,
South Dakota



Children often come to school hungry. Why?

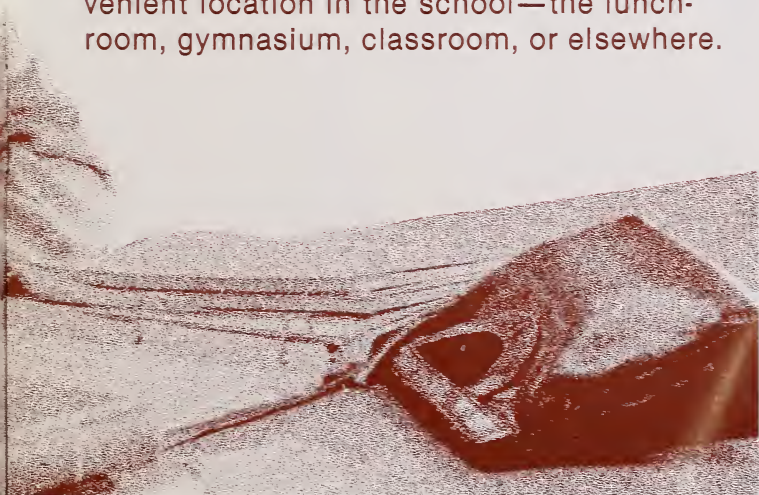
There are many possible reasons. Some of the most frequent are: children often don't have enough time to get to school *and* eat an adequate breakfast; some children are simply not hungry enough to eat a nutritious breakfast until they get to school; some parents don't serve breakfast at home because they lack the time or money to prepare it.

What is the school breakfast program?

Funded by the U.S. Department of Agriculture, the School Breakfast Program provides the opportunity for all schoolchildren to eat a nutritious breakfast.

Schools in the program serve children milk, fruit or vegetable or juice, and bread or cereal every school morning. Additionally, they serve protein-rich foods such as eggs, meat, cheese, and peanut butter as often as possible.

Since the meals can be either hot or cold, even schools without kitchen or cafeteria facilities can serve breakfast. They can serve breakfast before school starts or during the first part of the school day at any convenient location in the school—the lunchroom, gymnasium, classroom, or elsewhere.



Is there a limit to the number of schools or children who can participate?

No. Every public or nonprofit private school of high school grade and under can participate in the School Breakfast Program. This includes residential child care institutions.

The program is for all children in participating schools, whether they can afford to pay the full cost or not.

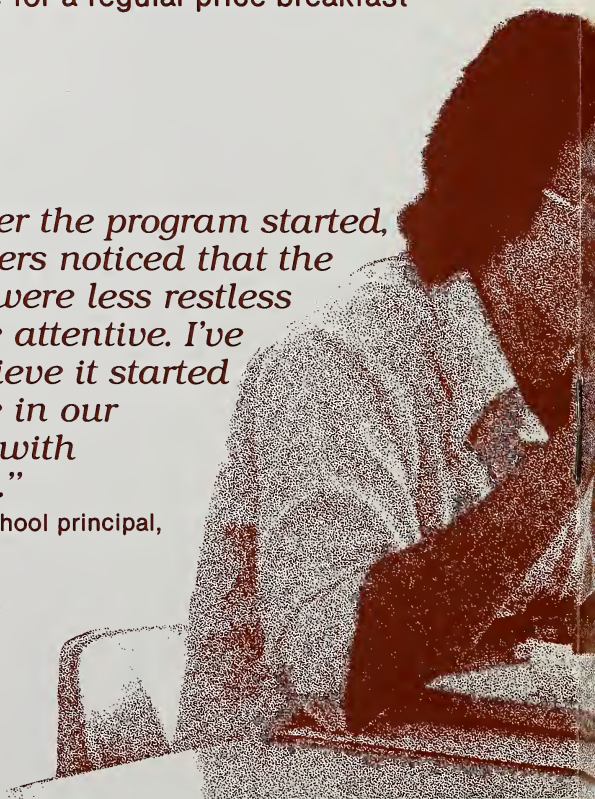
Who pays?

USDA provides cash and food assistance for every breakfast served by participating schools.

Breakfasts are available to children at a regular price, reduced price, or at no charge. The charge for a regular-price breakfast

"Soon after the program started, my teachers noticed that the children were less restless and more attentive. I've got to believe it started right here in our cafeteria with breakfast."

Elementary school principal,
Virginia



depends on the cost to the school of producing a meal. The size of a child's family compared to the amount of the family's income determines eligibility for reduced-price and free meals.

Schools receive reimbursement for the meals served at rates adjusted twice a year. Expenses such as food purchases, labor, and supervision of the program may be included in the reimbursable costs of producing a breakfast.

Schools unable to cover costs with the regular reimbursement payment may be eligible to receive extra Federal assistance. Each State sets its own guidelines for this extra assistance which, as a minimum, must include those schools required by State law to run a breakfast program and those schools serving 40 percent or more of their lunches free or at a reduced price.

In addition, States can provide some schools with financial assistance for food service equipment costs, using USDA funds.



How can a school start a program?

A school or school district applies to its State Department of Education and agrees to meet program requirements. Schools can begin a program during any part of the school year.

The program can be started in one school, in some schools, or in all schools in the district. States give priority to starting breakfast programs in schools with one-fourth (or more) of the total enrollment eligible to receive free or reduced price meals. However, States will assist any school in planning for the program, because all schools are eligible.

Who can ask a school to start a program?

School officials frequently take the initiative to start a breakfast program. However, any interested community member, including parents and community groups, as well as teachers, school administrators, and school food service personnel, can suggest that their schools start a program.



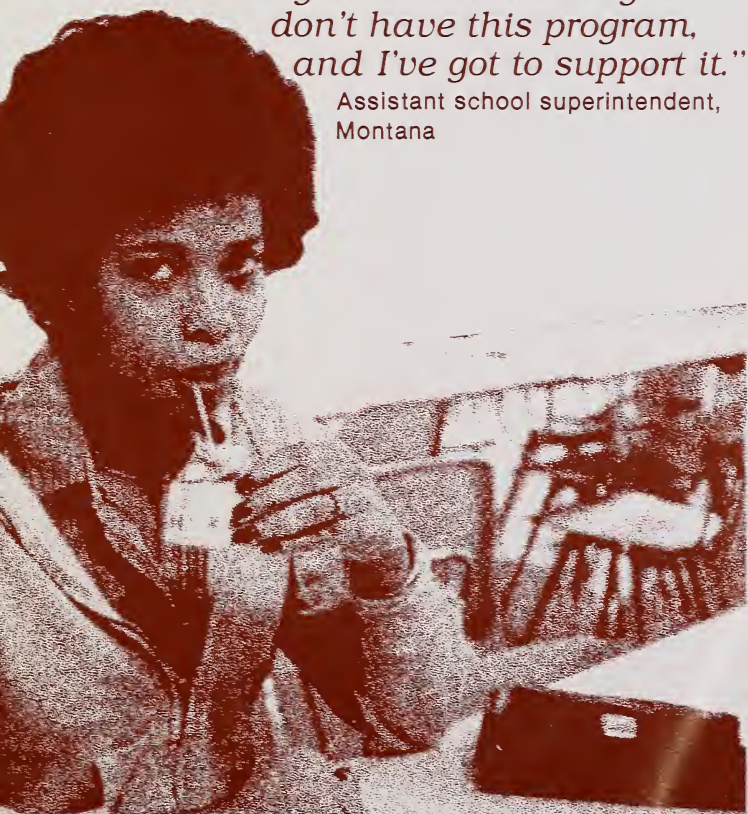
Who has detailed information about the program?

- The State Education Department in every State.
- The School Programs Division, Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250
- The seven regional offices throughout the country. (see page 8 for listing)
- National organizations concerned with child nutrition.
- Groups in every State involved in nutrition and services for children.
- Schools in every State that participate in the School Breakfast Program.

Rules for acceptance and participation in this program are the same for all, without regard to race, color, or national origin.

"Over the years, I've seen the eating habits when you do and when you don't have this program, and I've got to support it."

Assistant school superintendent,
Montana



Food & Nutrition Service Regional Offices

New England Regional Office

Food and Nutrition Service

U.S. Department of Agriculture

33 North Avenue

Burlington, Mass. 01803

Connecticut, Maine, Massachusetts, New Hampshire,
Rhode Island, Vermont

Mid-Atlantic Regional Office

Food and Nutrition Service

U.S. Department of Agriculture

One Vahlsing Center

Robbinsville, N.J. 08691

Delaware, Maryland, New Jersey, New York, Pennsylvania, Wash-
ington, D.C., Virginia, West Virginia, Puerto Rico, Virgin Islands

Southeast Regional Office

Food and Nutrition Service

U.S. Department of Agriculture

1100 Spring Street, N.W.

Atlanta, Ga. 30309

Alabama, Florida, Georgia, Kentucky, Mississippi,
North Carolina, South Carolina, Tennessee

Midwest Regional Office

Food and Nutrition Service

U.S. Department of Agriculture

536 South Clark Street

Chicago, Ill. 60605

Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin

Mountain Plains Regional Office

Food and Nutrition Service

U.S. Department of Agriculture

2420 W. 26th Avenue

Suite 415-D

Denver, Colo. 80211

Colorado, Iowa, Kansas, Missouri, Montana, Nebraska,
North Dakota, South Dakota, Utah, Wyoming

Southwest Regional Office

Food and Nutrition Service

U.S. Department of Agriculture

1100 Commerce Street

Dallas, Tex. 75242

Arkansas, Louisiana, New Mexico, Oklahoma, Texas

Western Regional Office

Food and Nutrition Service

U.S. Department of Agriculture

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San Francisco, Calif. 94108

Alaska, American Samoa, Arizona, California, Guam,
Hawaii, Idaho, Nevada, Oregon, Trust Territories,
Washington

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